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ABSTRACT

This document consists of a learning activity packet (LAP) for the student and an instructor's guide for the teacher. The LAP is intended to acquaint occupational home economics students with the various market forms of shellfish and how to clean, prepare, and cook them. Illustrated information sheets and learning activities are provided in these areas: shellfish (market forms, timetable for cooking shellfish, and preparing mussels, scallops, and crabs); clams and oysters (market forms, cleaning, preparation, shucking oysters); lobster (grades, cooking methods); and shrimp (buying and cleaning shrimp). The instructor's guide begins with an instructional matrix in which the information sheets and written activities contained in the LAP and the written test items included in the instructor's guide are cross-referenced to the knowledge objectives addressed by the materials. This is followed by a series of notes to instructors on the LAP series and suggested instructional procedures for use in conducting individual and group enrichment activities. A unit test and answer key are included. (MN)

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LEARNING ACTIVITY PACK

5.13c

SECTION 5

Buying, Preparing, and Cooking Shellfish

Basic Food Preparation

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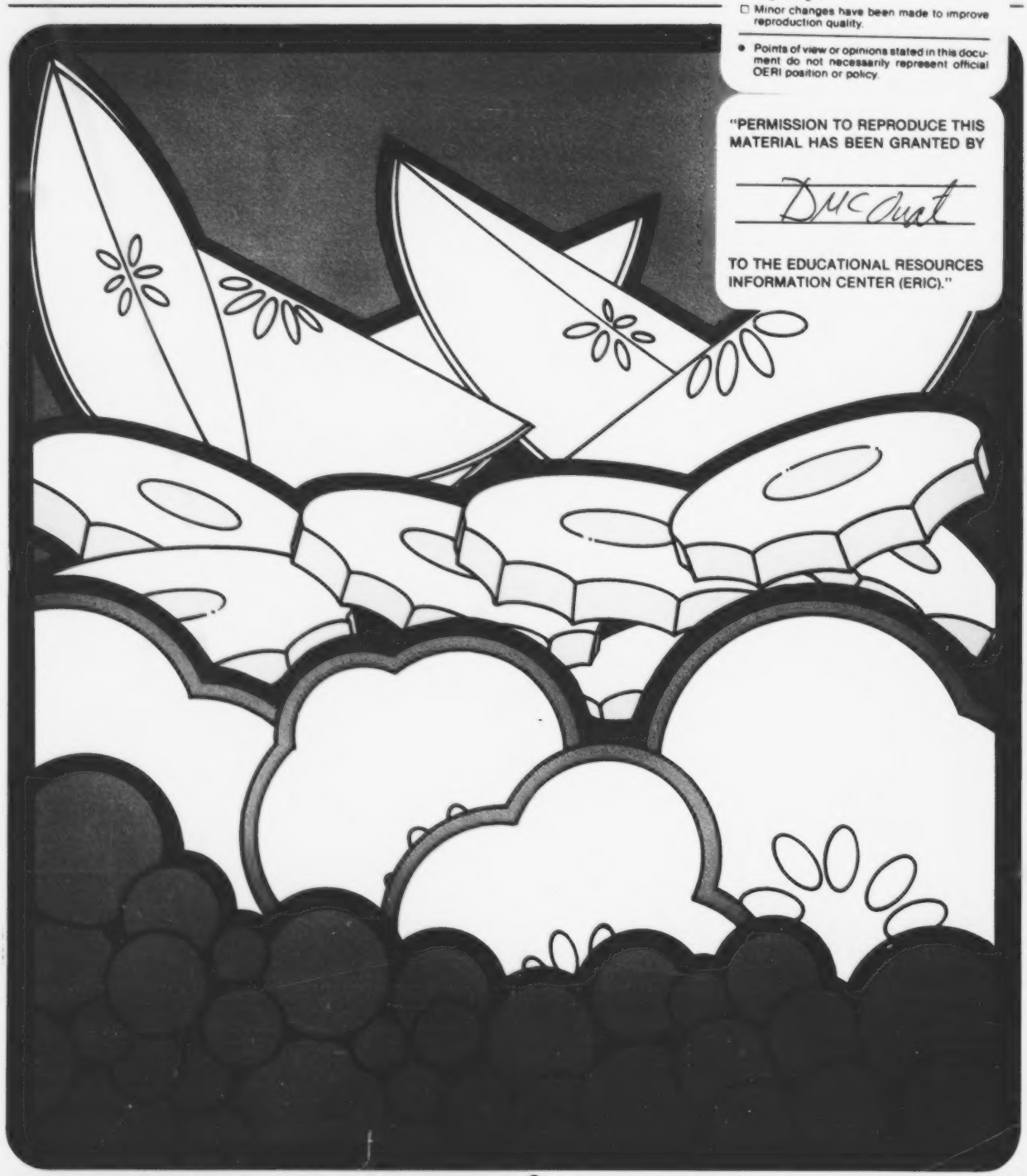

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LEARNING AID

5.13c

SECTION 5

Buying, Preparing, and Cooking Shellfish

Basic Food Preparation

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

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These materials are endorsed for use in training commercial foods and culinary arts workers by the **Florida Restaurant Association's Education Foundation.**

Purpose and Contents

Purpose

The purpose of LAP 5.13c is to familiarize you with the various market forms of shellfish, and how to clean, prepare, and cook them. Shellfish dishes are a delicacy and usually are expensive. Customers can always tell when great care has been given to the preparation of their shellfish appetizer or entree.

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Introduction

Written Test

You will be able to pass the written test for LAP 5.13c when you can successfully complete the following:

1. Match a list of vocabulary words with their definitions. (All 6 must be correct.)

2. Complete statements about shellfish by filling in blanks with words selected from a word bank. (At least 20 out of 24 must be correct.)

3. Choose the correct phrases to complete multiple choice statements about clams and oysters. (All 7 must be correct.)

If you feel you already know enough to pass the written test for LAP 5.13c without studying it, talk with your instructor.

Skills Test

You will be able to pass the skills test for LAP 5.13c when you complete the following successfully:

1. Shuck either oysters or clams. The shucked oysters or clams must be intact and free of grit and sand.

2. Deep-fat fry either oysters or clams. The oysters or clams must look appetizing. They must be fully cooked, but not burned. They should be moist inside, and crisp, but not greasy outside. They must be correctly seasoned and have a fresh flavor.

3. Clean a lobster. All meat must be removed from the shell, and the meat must be well-cleaned.

4. Broil a lobster. The lobster must look appetizing. It must be fully cooked, but not burned, moist, and correctly seasoned.

5. Head, peel, and devein shrimp. All meat should be removed from the shell. The meat should be well-cleaned, with no shells, sand, or grit remaining.

6. Deep-fat fry shrimp. The shrimp should look appetizing. They must be fully cooked, but not burned. They should be moist inside, and crisp, but not greasy outside. They must be correctly seasoned and have a fresh flavor.

REMEMBER . . . Your final performance will also be judged on how well you:

- organize your work area for efficient production before starting
- follow the correct steps in the right order
- clean your work area when you are finished

If you feel you know enough to pass the skills test for LAP 5.13c before practicing the skills, talk with your instructor.

Introduction (continued)

Learning Steps

To help you pass the written and skills tests for this LAP, you should follow these learning steps in order. There are two kinds of activities you will be asked to do:

Written activities will prepare you for the **written test**. They all should be done on a separate sheet of paper. The answers for these activities are in the back of this LAP. **Do not write in this LAP**!

Practice Checklist activities will prepare you for the **skills test**. These will be done in the kitchen or dining area. Check with your instructor before beginning these activities.

1. Read and study **Information Sheet 1**: Vocabulary.
2. Complete **Activity 1**: Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2**: Shellfish.
4. Complete **Activity 2**: Shellfish. Check your answers.
5. Read and study **Information Sheet 3**: Clams and Oysters.
6. Complete **Activity 3A**: Handling Clams and Oysters. Check your answers.
7. Complete **Activity 3B**: Practice Checklist—Shuck Oysters or Clams.
8. Complete **Activity 3C**: Practice Checklist—Deep-fat Fry Oysters or Clams (or Other Shellfish).
9. Read and study **Information Sheet 4**: Lobster.
10. Complete **Activity 4A**: Practice Checklist—Clean a Lobster.
11. Complete **Activity 4B**: Practice Checklist—Broil a Lobster.
12. Read and study **Information Sheet 5**: Shrimp.
13. Complete **Activity 5A**: Practice Checklist—Head, Peel, and De-vein Shrimp. Select one method.
14. Complete **Activity 5B**: Deep-fat Fry Shrimp.
15. Get **Written Test 5.13c** from your instructor and complete it. If you are successful, go on to Step 16; if not, talk with your instructor.
16. Have your instructor evaluate you on **Skills Test 5.13c**: Buying, Preparing, and Cooking Shellfish. If you are successful, you have completed this LAP; if not, talk with your instructor.

Information Sheet 1
Vocabulary

The following words will be used in this LAP. Study the list. When you think you know all the words, test yourself by doing Activity 1.

1. **market form**—the form in which food is bought or sold

2. **shellfish**—creatures that live in water that have a hard outer layer, including crabs, shrimp, lobsters, and scallops

3. **vein**—the thin black tube filled with sand on the back of a shrimp

4. **devein**—to remove the thin black tube filled with sand from the back of a shrimp

5. **shuck**—to remove an oyster or other shellfish from its shell

6. **head**—to remove the head from a shrimp

Activity 1
Matching Vocabulary Words

On a separate sheet of paper, write each vocabulary word and then choose the correct definition from the list below to write beside it.

Vocabulary Words

1. **market form** _____
2. **shellfish** _____
3. **vein** _____
4. **devein** _____
5. **shuck** _____
6. **head** _____

Definitions

To remove an oyster or other shellfish from its shell

The form in which food is bought and sold

The thin black tube filled with sand on the back of a shrimp

Creatures that live in water that have a hard outer layer, including crabs, shrimp, lobsters, and scallops

To remove the thin black tube filled with sand from the back of a shrimp

To remove the head from a shrimp

Check your answers in the back of this LAP. If you missed any, review Information Sheet 1.

Information Sheet 2
Shellfish

Market Forms

Live. Shellfish, whenever possible, should be purchased alive and in the shell. Examples of shellfish purchased this way are crabs, lobster, oysters, clams, and mussels.

Headless. Shrimp and warm water lobsters sometimes are marketed with the heads removed. They may be marketed frozen; shrimp also can be marketed canned.

Shucked. Shellfish also are marketed with their shells removed. Shrimp, oysters, scallops, and clams may be marketed in this manner. They may be either fresh, frozen, or canned. They also may be prepared or breaded.

Timetable for Cooking Shellfish

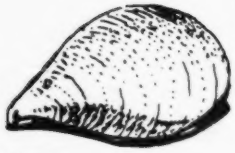
Method of Cooking	Product	Market Form	Approximate Weight or Thickness	Cooking Temperature °C	°F	Approximate Total Cooking Time (Minutes)
Baking	Clams	Live		232	450	15
	Lobster	Live	3/4-1 lb.	204	400	15-20
			1-1 1/2 lb.	204	400	20-25
	Oysters	Live		232	450	15
		Shucked		204	400	10
	Scallops	Shucked		177	350	25-30
	Shrimp	Headless		177	350	20-25
	Spiny lobster tails	Headless	4 oz.	232	450	20-25
			8 oz.	232	450	20-30
Broiling	Clams	Live		Broil		5-8
	Lobster	Live	3/4-1 lb.	Broil		10-12
			1-1 1/2 lb.	Broil		12-15
	Oysters	Live		Broil		5
		Shucked		Broil		5
	Scallops	Shucked		Broil		8-10
	Shrimp	Headless		Broil		8-10
	Spiny lobster tails	Headless	4 oz.	Broil		8-10
			8 oz.			10-12
Cooking in water	Crabs	Live		Simmer		15
	Lobster	Live	3/4-1 lb.	Simmer		10-15
			1-1 1/2 lb.	Simmer		15-20
	Scallops	Shucked		Simmer		4-5
	Shrimp	Headless		Simmer		5
	Spiny lobster tails	Headless	4 oz.	Simmer		10
			8 oz.	Simmer		15
Deep-fat frying	Clams	Shucked		191	375	2-3
	Crabs	Soft-shell	1/4 lb.	191	375	3-4
	Lobster	Live	3/4-1 lb.	177	350	3-4
			1-1 1/2 lbs.	177	350	4-5
	Oysters	Shucked		191	375	2
	Scallops	Shucked		177	350	3-4
	Shrimp	Headless		177	350	2-3
	Spiny lobster tails	Headless	4 oz.	177	350	3-4
			8 oz.	177	350	4-5

Information Sheet 2
Shellfish

Preparing Mussels, Scallops, and Crabs

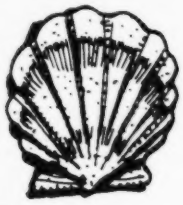
Like fish, most shellfish flesh is tender in its fresh, raw state. It is cooked to develop flavor, aroma, and eye appeal, not to make it tender.

Shellfish may be broiled, baked, deep-fat fried, panfried, or steamed until the shells open. NOTE: Do not use a pressure cooker to steam shellfish. For the short time that the shellfish are in the pressure cooker, it is difficult to regulate the pressure and you cannot see when the shells are open. The temperature of a pressure cooker is well above the boiling point of water, and it is easy to overcook the seafood.



Mussel

Mussels. Mussels in the shell should be thoroughly scrubbed and washed before cooking to remove the hairs that are attached to the meat inside. After cleaning mussels, allow them to soak in cold salt water for two to three hours. The dead mussels will float to the surface and should be discarded.



Scallop

Scallops. Shucked scallops are prepared for broiling by dipping them in melted butter or oil and then into breadcrumbs. Proceed as in broiling fish. Do not cook for more than 5 minutes or the scallops will become tough and rubbery. Size is the factor that determines how long they remain under the broiler. Scallops also may be sauteed, or battered and fried.

Hard-Shell Crabs. Hard-shell crabs are cooked in their shells and then cleaned. To cook hard-shell crabs, drop the live crabs in lightly salted, boiling water; bring the water back to a boil; and then simmer for about 15 minutes. To clean a hard-shell crab, use a nutcracker or hammer to crack the shell, then pick out the white crab meat. They are ready to eat immediately. Crab and lobster meat are interchangeable in many recipes, especially if the recipe calls for flaked meat.

Soft-Shell Crabs. Soft-shell crabs are usually purchased cleaned and ready for cooking. They are best suited for panfrying and deep-fat frying. They may be floured, dipped in a batter, or breaded in the classical style before frying. Again, size is the factor that determines how long to cook a soft-shell crab—usually from two to five minutes, or when the breading or batter turns brown.

Activity 2
Shellfish

Directions

On a separate sheet of paper, write out the following statements and fill in the blanks with the correct words selected from the word bank.

1. Shellfish, whenever possible should be purchased _____ and in the _____. This market form is called "live."
2. Examples of shellfish are _____, _____, _____, _____, _____.
3. The market form that applies to shrimp or lobsters with their heads already removed is _____.
4. When oysters, scallops, and clams are purchased with their shells removed, that market form is called _____.
5. Like fish, most raw shellfish is already _____ and is cooked to develop flavor, aroma, and eye appeal.
6. Shellfish may be cooked in the following ways: _____, _____, _____, _____, or _____.
7. Mussels must be thoroughly washed and _____ before cooking to remove the hairs attached to the meat.
8. After cleaning mussels, allow them to _____ in cold salt water for two to three hours. The dead mussels will _____ and should be _____.
9. Do not cook scallops for more than 5 minutes or they will become _____ and _____.
10. Hard-shell crabs are _____ in their shells and then cleaned.
11. Soft-shell crabs are usually purchased _____ and ready for _____.

Word Bank

tough	shucked	clams	cleaned
shell	rubbery	mussels	broiled
cooking	scrubbed	blue fish	baked
alive	shell cracker	soak	deep-fat fried
water	crabs	float	panfried
headless	lobster	cooked	steamed
tender	oysters	discarded	

Check your answers in the back of this LAP. If you miss any, review Information Sheet 2.

Information Sheet 3
Clams and Oysters

Market Forms

Clams and oysters may be purchased canned or shucked, but most often are in the shell. When purchased in the shell, *they must be alive*, or it may be dangerous to eat them. The shells must be tightly closed to be safe. Oysters and clams with open shells should be discarded.

Clam

Oyster

Cleaning

Clams force water through their shells so they can feed upon the plankton (small plants) in the water. Of course, this water contains sand, which remains lodged in the clam shells. To remove this sand, place the clams in salt water with a small amount of cornmeal. In a few hours the cornmeal will replace the sand in the bodies of the clams. *Never* soak clams or oysters in fresh water. They will lose a lot of flavor

You do not have to remove sand from oysters as from clams; however, if oysters are to be cooked in the shell, you must scrub them thoroughly.

Preparation

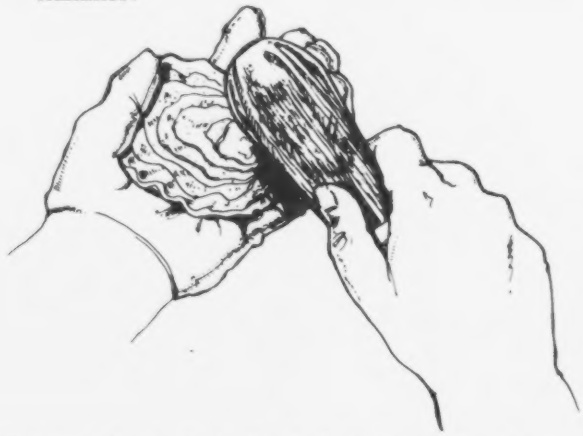
Oysters can be eaten raw and served on the half-shell. Many people enjoy them this way. Clams and oysters also may be broiled on the half-shell with different garnishes, butters, and so on. To deep-fat fry clams, oysters, and scallops, breading or batter is used to keep them from drying out and shrinking. Fry them in oil heated to 375°F. After 2 minutes, remove them from the hot fat, even if the breading is not completely browned. Clams and oysters may be poached, but only for a few minutes. It is best to cook oyster stew in a double boiler. This prevents cooking at too high a temperature, which toughens the oysters. Do not overcook.

Information Sheet 3 (continued)
Clams and Oysters

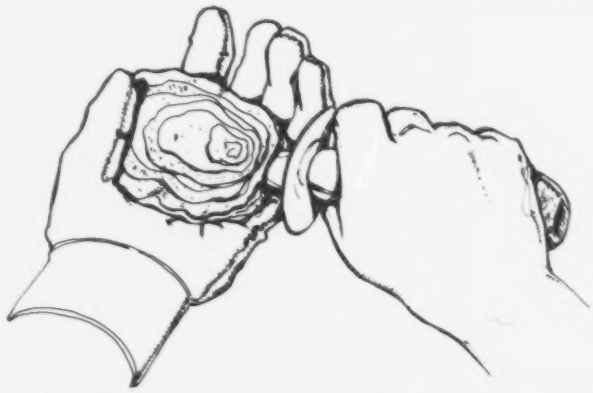
Shucking Oysters

To shuck oysters always wear thick gloves and use a proper oyster knife.

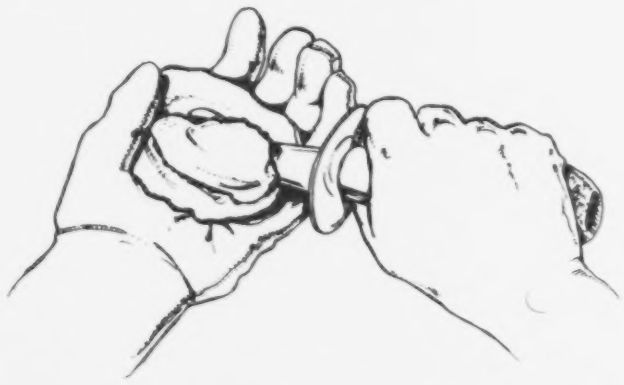
1. Break off the hinged tip of the oyster with an oyster knife or hammer.



2. Insert the knife in the hole between the edges of the shell and twist open. DO NOT AIM THE KNIFE TOWARD YOUR HAND.



3. Cut the oyster from the shell by scraping loose the attached muscle.



Activity 3A
Handling Clams and Oysters

Directions

On a separate sheet of paper, write out the sentences below and select the correct answer to fill in each blank.

1. Clams and oysters must be _____ when purchased in the shell, or it may be dangerous to eat them.
   —completely dead
   —alive
   —thoroughly scrubbed
   —freshly killed

2. The shells must be _____, when purchased, to be safe.
   —already opened
   —tightly closed
   —thoroughly scrubbed
   —cooked

3. _____ oysters and clams that have open shells when purchased.
   —Use only
   —Immediately cook
   —Clean
   —Discard

4. To remove sand from clams, _____.
   —rinse clams thoroughly in salt water
   —scrub clams thoroughly with a brush
   —place clams in salt water with cornmeal
   —place clams in fresh water with cornmeal

5. If oysters are cooked in the shell, _____.
   —cook them at a high temperature
   —they will become tough
   —scrub them thoroughly first
   —they will be safer to eat

6. Oysters cooked at a high temperature _____.
   —will have a better flavor
   —should be cooked in the shell
   —may be tough
   —are safer to eat

7. To shuck oysters, *always* _____.
   —grasp tightly and use a proper oyster knife
   —wear thick gloves and use a sharp knife
   —wear thick gloves and use a proper oyster knife
   —grasp tightly and use a sharp knife.

Check your answer in the back of this LAP. If you missed any, review Information Sheet 3.

Activity 3B
Practice Checklist: Shuck Oysters or Clams

Directions

On a separate piece of paper, write down the steps and standards for evaluation for this task. Then ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✓	
	1. Wash your hands.
	2. Assemble supplies: a pan or sink of salt water, a pair of heavy gloves, an oyster knife, a scrub brush, a bowl of iced salt water, and oysters or clams.
	3. Put on the gloves.
	4. If oysters are to be served on the half-shell, use the scrub brush to clean the shells. Rinse in salt water. *Discard all oysters or clams with open shells.*
	5. **For oysters only**: Hold the oyster knife in one hand with the hinged end sticking out; hold the knife in the other hand.
	6. **For oysters only**: Hit the hinged end sharply with the oyster knife to break off the tip and leave a small hole. (You may need to use a hammer.)
	7. Insert the knife in the hole between the edges of the shell and twist open. The top shell will fall off. DO NOT AIM THE KNIFE TOWARD YOUR HAND.
	8. Cut the oyster or clam from the shell by scraping the attached muscle loose. If they are to be served on the half-shell, leave oysters or clams in the shell. Otherwise, dump them into a bowl of iced salt water.
	9. When all the oysters or clams have been shucked, you may want to rinse them again in clean salt water.
	10. Remove your gloves, and pick up handfuls of oysters or clams and place them in a colander to drain. This keeps the mud from settling on the top as it would if they were poured into the colander.
	11. Discard those shells not being used.
	12. Clean and sanitize the work area and utensils.

DANGER

Standards for Evaluation

✓	
	1. Are the oysters or clams intact, not in bits and pieces?
	2. Are the oysters or clams clean, with no grit or sand?

Activity 3C

Practice Checklist: Deep-fat Fry Oysters or Clams (or Other Shellfish)

Directions

On a separate sheet of paper, write down the steps and standards for evaluation for this task. Then ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get recipe for deep-fat frying oysters or clams from your instructor.
	2. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	3. Wash your hands.
	4. Check oil in fryer for freshness; change if necessary. Preheat.
	5. Organize your work area by assembling all ingredients and utensils near the fryer.
	6. Drain oysters or clams. Place on brown paper to remove remaining liquid.
	7. Mix and season egg wash (if required by recipe). Place in a bake pan.
	8. Mix and season breading or batter. Taste test. Separate into 2 bake pans.
	9. **For breading**: Dip the oyster or clam first into breading and press crumbs in; next, dip them into the egg mixture; finally dip into the other bake pan of breading and press crumbs in. Shake off any excess crumbs.
	10. **For batter**: Dip oyster or clam until thoroughly coated.
	11. Place oysters or clams in fry basket and lower basket into hot fat.
	12. Cook for 2 minutes, or until golden brown.
	13. Raise basket and allow to drain.
	14. Place oysters or clams in draining pan or on brown paper.
	15. Place oysters or clams on plates.
	16. Add garnish and cocktail sauce.
	17. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Do the oysters or clams look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least ½ to ¾ of the plate), not too covered with garnish (the garnish should not be more than ¼ to ⅓ the size of the serving)?
	2. Are the oysters or clams still moist—not dry, overcooked, or burned?
	3. Are they seasoned well, not tasteless, too salty, or overseasoned?
	4. If breaded or battered, are the oysters or clams uniformly coated, with a crisp exterior and fresh flavor?

Information Sheet 4
Lobster

Grades

Lobsters are graded and sold according to weight. Maine lobsters are graded according to weight before delivery. In some areas of the country, lobsters of various weights are given identifying names, and the lobsters are then sold by these identifying names. The names and weights are as follows:

Chickens	¾–1 lb.
Quarters	1¼ lb.
Selects	1½–2¼ lb.
Jumbos	Over 2½ lb.

Cooking Methods

Lobster can be cooked by any of several methods: simmering in water, steaming, broiling, or baking. If you are broiling or baking a raw lobster, clean it first. If you are preparing the lobster by one of the other cooking methods, clean the lobster after it is cooked. When you are cleaning a cooked lobster, do not discard or remove the green liver (tomalley), the coral roe, or the cream-textured green fat. They are considered the greatest delicacies of all. Lobster can be served whole for the customer to crack and clean.

A common method of preparing lobster is to cook it in water (either by simmering or by steaming) and then broil it. The results are surprisingly good. The lobster is juicy and not dried out. When you are steaming a lobster, do not let it cook for more than 20 minutes, and do not allow more than 30 minutes for simmering. Save the liquor (water in which the lobster was cooked) and use it to enhance the flavor of sauces served with the lobster or use it for bisque and cream soups.

To broil a live lobster, first kill it by cutting the spinal cord. Then split it in half, crack the large claws, and remove the stomach and intestinal vein. Unlike the Maine (cold water) lobsters, the Florida (spiney) lobsters have no claws, otherwise handling of both types is the same. Place the lobster on a broiler rack with the meat side up and spread it open as flat as possible. Brush with melted butter or oil to keep it from drying out. If you must salt the lobster, wait until after it is cooked. Salting beforehand will draw out the juices from the flesh, making the lobster drier and less flavorful.

Following are eight easy steps for cleaning and preparing a Maine lobster (Courtesy of the Maine Department of Maine Resources).

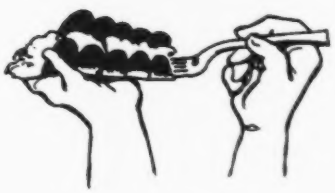
Information Sheet 4 (continued)
Lobster

1. *Twist off the claws (on Maine [cold water] lobster.)*

2. *Crack each claw, using a nutcracker, pliers, knife, hammer, or rock.*

3. *Separate the tailpiece from the body by arching the back until it cracks.*

4. *Bend back and break the flippers off the tailpiece.*



5. *Insert a fork where the flippers broke off and push.*

6. *Unhinge the back from the body. In the Maine lobster, don't forget to save the "tomalley," or liver, of the lobster, which turns green when it is cooked and which many people consider the best eating of all. Only the tail is eaten in the spiney lobster.*

Information Sheet 4 (continued)
Lobster

7. *Open the remaining part of the body by cracking it apart sideways. There is good meat in this section.*

8. *The small claws are excellent eating and may be placed in the mouth and the cooked meat sucked out.*

Activity 4A

Practice Checklist: Clean a Lobster

Directions

On a separate sheet of paper, write down the steps and standards for evaluation for this task. Then ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Wash your hands.
	2. Assemble supplies: a pan or sink of water, a nutcracker or hammer, a cocktail fork, kitchen shears, a lobster (cooked or uncooked).
	3. Twist off claws (of cold water lobster).
	4. If desired, crack claws (of cold water lobster), using the nutcracker or hammer. Remove meat.
	5. Separate the tailpiece from the body by arching the back until they crack apart. (If you are going to broil the lobster in the shell, stop at this point, remove the shell from the belly with kitchen shears, and broil.)
	6. Bend the back, and break the flippers off the tailpiece.
	7. Insert a fork where the flippers broke off, and push.
	8. Unhinge the back of the body. Save the tomalley (liver).
	9. Open the remaining part of the body by cracking it in two.
	10. Pick out the meat with a cocktail fork.
	11. Pick the meat out of the small claws or, if cooked, serve them whole.
	12. Rinse meat in salt water.
	13. Discard shells.
	14. Clean and sanitize work area and utensils.

Standards for Evaluation

✔	
	1. Has all meat been removed from the shell, and none thrown away?
	2. Is the meat well-cleaned?

Activity 4B
Practice Checklist: Broil a Lobster

Directions

On a separate sheet of paper, write down the steps and standards for evaluation for this task. Then ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Wash your hands.
	2. Assemble supplies: a pot of boiling water, tongs, kitchen shears or a French knife, a broiling pan, melted butter (may be seasoned), stuffing (if desired), garnish, a lobster.
	3. Drop the whole lobster into boiling, salted water. Check timetable for time and temperature. (For a lobster to be broiled reduce time by 5 minutes.)
	4. Remove lobster from water, using tongs.
	5. Remove claws; remove head, if desired. Keep claws warm.
	6. Remove shell from belly, using kitchen shears or a French knife.
	7. Place lobsters on broiling pan; baste with melted butter. DO NOT ADD SALT. Stuff, if desired.
	8. Set oven on Broil; place pan under flame. Check timetable for time and temperature. (For boiled lobster, reduce time by 5 minutes.)
	9. Check lobster to make sure it is not drying out; baste again, if necessary.
	10. Remove lobster from oven.
	11. Check for doneness by separating the meat slightly with a knife. If it is white, it is done; if it is clear, it is not.
	12. Place lobster and claws on plate. Serve with melted butter. Serve claws cracked or provide cleaning utensils.
	13. Add garnish and serve immediately.

Standards for Evaluation

✔	
	1. Does the lobster look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least ½ to ¾ of the plate), not too covered with garnish (the garnish should not be more than ¼ to ⅓ the size of the lobster?
	2. Is the inside white (fully cooked), not clear?
	3. Is the lobster still moist—not dry, overcooked, or burned?
	4. Is it seasoned well—not tasteless, too salty, or overseasoned?

Information Sheet 5
Shrimp

Buying Shrimp

From the tiny forms found in the waters of the western United States to the giant forms of India, shrimp are available in all sizes. Slight variations in texture and flavor do exist from size to size; however, most types can be substituted for one another. The sizes are determined by how many shrimp there are in one pound and are as follows:

Jumbo	25 or less per lb.
Large	25–30 per lb.
Medium	30–42 per lb.
Small	42 or more per lb.

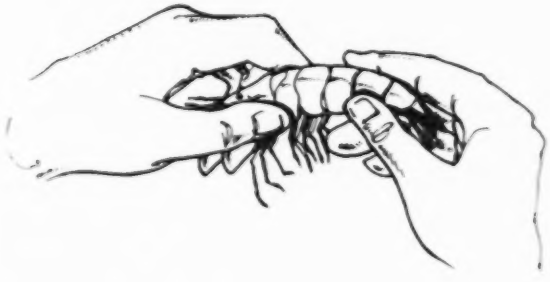
Shrimp should be dry and firm to the touch when purchased. Allow approximately 1 pound of shrimp in the shell per person. Remember about 2½ pounds of raw shrimp in the shell yields approximately ¾ pound of meat.

Shrimp can be used in many types of dishes. Because most shrimp are small, they are especially good for deep-fat frying or panfrying (sauteing), but they can also be cooked in liquid. To bake or broil shrimp they must be buttered or oiled, otherwise the heat dries them out and they become tough.

Cleaning Shrimp

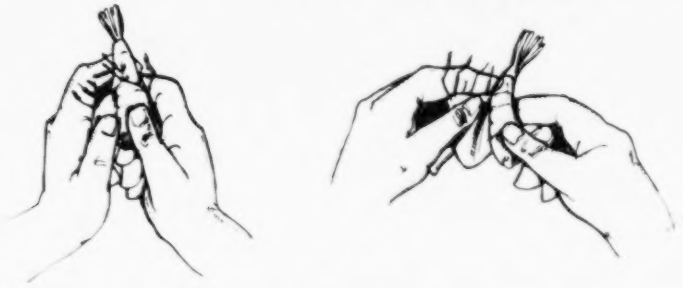
Fresh and frozen shrimp often are sold with the head removed. When they are light grey in color they are called "green shrimp," which means they are raw and have not been cleaned. When shrimp are cooked they turn light pink in color. Generally, shrimp are cleaned before cooking. There are three steps in cleaning shrimp: (1) removing the head (heading), (2) removing the shell (peeling), and (3) removing the sand vein (deveining).

Heading. To remove the head, hold the body of the shrimp tightly near the head, then twist the head and pull it off. It is most efficient to head all the shrimp before peeling them. Keep green shrimp on ice between steps.



Information Sheet 5 (continued)
Shrimp

Peeling. To peel the shell off the shrimp, hold the shrimp belly-up; then pull the legs apart to separate the shell in two; finally, pull the shell off with one hand while you hold onto the meat with the other hand. (For many recipes the tail is left on the shrimp to be used as a "handle." Remember to keep green shrimp on ice between steps.

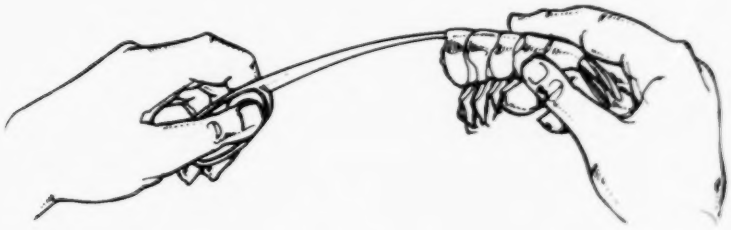


Peeling Shrimp

Deveining. To remove the sand vein from the back of the shrimp, hold the shrimp in one hand with the back facing up and the tail facing towards you. Use a paring knife to make a shallow cut (approximately 1/8") the entire length of the body. Cut down to the sand vein. Be careful not to cut too deeply or you will cut the shrimp in two and may cut your hand as well. Hold the shrimp in one hand and use the other to lift out the vein. Wash the shrimp in cold water and keep green shrimp on ice until you are ready to cook them.

Information Sheet 5 (continued)
Shrimp

Using a peeling and deveining tool. Cleaning shrimp is easiest with a tool that peels and deveins the shrimp at the same time. Insert the tool tip into the back of the shrimp between the shell and the meat, all the way to the tail. Hold on to the legs and lift the handle upwards. Remove the meat from the shell. You may wish to leave the tail on for some recipes. Keep the green shrimp on ice to prevent spoiling.



When the shrimp have been cleaned, they are ready to be cooked.

Activity 5A

Practice Checklist: Head, Peel, and Devein Shrimp, Using a Paring Knife

Directions

On a separate sheet of paper, write down the steps and standards for evaluation for this task. Then ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✓	
	1. Wash your hands.
	2. Assemble supplies: a pan or sink of iced salt water, a sharp paring knife, ice, shrimp.
	3. Hold the body of the shrimp tightly near the head.
	4. Twist the head and pull outward.
	5. Head all the shrimp before continuing. Keep shrimp on ice.
	6. Hold the shrimp belly-up.
	7. Pulling the legs apart, separate the shell in two.
	8. Pull the shell off with one hand while holding onto the meat with the other. (You may leave the tail on for some recipes.)
	9. Peel all shrimp before continuing. Keep shrimp on ice.
	10. Hold the shrimp in one hand, with the back facing up, and the tail facing towards you.
	11. With the paring knife, make a shallow cut the entire length of the body. Cut only down to the vein; do not cut the shrimp in two. **Be careful not to cut your hand.**
	12. Cut all shrimp before continuing. Keep shrimp on ice.
	13. Hold the shrimp in one hand and use the other hand to lift out the vein.
	14. Rinse shrimp in cold salt water to remove any sand or grit.
	15. Clean and sanitize the work area and utensils.

Standards for Evaluation

✓	
	1. Has all the meat been removed from the shell and none thrown away?
	2. Is the meat well cleaned, with no shell, sand, or grit remaining?

Activity 5A

Practice Checklist: Head, Peel, and Devein Shrimp, Using a Deveining Tool

Directions

On a separate sheet of paper, write down the steps and standards for evaluation for this task. Then ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Wash your hands.
	2. Assemble supplies: a pan or sink of iced salt water, a deveining tool, ice, shrimp.
	3. Hold the body of the shrimp tightly near the head.
	4. Twist the head and pull outward.
	5. Head all the shrimp before continuing. Keep shrimp on ice.
	6. Insert deveining tool tip into the back of the shrimp between the shell and the meat, all the way to the tail.
	7. Lift the handle upward.
	8. Remove the shrimp from the shell. (You may leave the tail on for some recipes.) Drop in iced salt water.
	9. Rinse all shrimp in cold salt water when you are finished.
	10. Clean and sanitize the work area, and utensils.

Standards for Evaluation

✔	
	1. Has all the meat been removed from the shell and none thrown away?
	2. Is the meat well-cleaned, with no shell, sand, or grit remaining?

Activity 5B
Practice Checklist: Deep-fat Fry Shrimp

Directions

On a separate piece of paper, write down the steps and standards for evaluation for this task. Then ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get recipe for deep-fat frying shrimp from your instructor.
	2. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	3. Wash your hands.
	4. Check oil in fryer for freshness; change if necessary. Preheat.
	5. Organize your work area by assembling all ingredients and utensils near the fryer. You need: recipe ingredients, garnish, cocktail sauce, brown paper, bake pan, fry basket, draining pan, plates.
	6. Drain shrimp well. Place on brown paper to remove remaining liquid.
	7. Mix and season egg wash (if required by recipe). Place in a bake pan.
	8. Mix and season breading or batter. Taste test. Separate into 2 bake pans.
	9. **For breading**: Dip the shrimp first into breading and press crumbs in; next dip into the egg mixture; finally dip into the other bake pan of breading and press crumbs in. Shake off excess crumbs.
	10. **For batter**: Dip shrimp until thoroughly coated.
	11. Place shrimp in fry basket and lower into fat.
	12. Cook shrimp for 2 minutes, or until golden brown.
	13. Raise basket and allow shrimp to drain.
	14. Place shrimp in draining pan or on brown paper.
	15. Place shrimp on plates.
	16. Add garnish and cocktail sauce.
	17. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the shrimp look appetizing on the plate, not broken up, serving not too small for the plate (the food should cover at least ½ to ¾ of the plate), not too covered with garnish (the garnish should not be more than ¼ to ⅓ the size of the serving?
	2. Is the inside pink and firm (fully cooked), not grey (raw)?
	3. Are the shrimp still moist—not dry, overcooked, or burned?
	4. Are they seasoned well—not tasteless, too salty, or overseasoned?
	5. If breaded or battered, are the shrimp uniformly coated, with a crisp exterior and fresh flavor?

Answer Keys for Written Activities

Activity 1:
Matching Vocabulary Words

1. **market form**—the form in which food is bought or sold
2. **shellfish**—creatures that live in water that have a hard outer layer, including crabs, shrimp, lobsters, and scallops
3. **vein**—the thin black tube filled with sand on the back of a shrimp
4. **devein**—to remove the thin black tube filled with sand from the back of a shrimp
5. **shuck**—to remove an oyster or other shellfish from its shell
6. **head**—to remove the head from a shrimp

Activity 2
Shellfish

1. Shellfish, whenever possible should be purchased **alive** and in the **shell**. This market form is called "live."
2. Examples of shellfish are **crabs**, **lobsters**, **oysters**, **clams**, and **mussels**.
3. The market form that applies to shrimp or lobster with their heads already removed is **headless**.
4. When oysters, scallops, and clams are purchased with their shells removed, that market form is called **shucked**.
5. Like fish, most raw shellfish is already **tender**, and is cooked to develop flavor, aroma, and eye appeal.
6. Shellfish may be cooked in the following ways: **broiled**, **baked**, **deep-fat fried**, **panfried**, or **steamed**.
7. Mussels must be thoroughly washed and **scrubbed** before cooking to remove the hairs attached to the meat inside.
8. After cleaning mussels, allow them to **soak** in cold salt water for two to three hours. The dead mussels will **float** and should be **discarded**.
9. Do not cook scallops for more than 5 minutes or they will become **tough** and **rubbery**.
10. Hard-shell crabs are **cooked** in their shells and then cleaned.
11. Soft-shell crabs are usually purchased **cleaned** and ready for cooking.

Activity 3A
Handling Clams and Oysters

1. Clams and oysters must be **alive** when purchased in the shell or it may be dangerous to eat them.
2. The shells must be **tightly closed**, when purchased, to be safe.

Answer Keys for Written Activities (continued)

3. **Discard** oysters and clams that have open shells when purchased.

4. To remove sand from clams, **place clams in salt water with cornmeal**.

5. If oysters are cooked in the shell, **they must be scrubbed thoroughly first**.

6. Oysters cooked at a high temperature **may be tough**.

7. To shuck oysters, **always wear thick gloves and use a proper oyster knife**.

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

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INSTRUCTOR'S GUIDE
LAP
5.13c

Buying, Preparing, and Cooking Shellfish

Basic Food Preparation

Sponsored and published by:
Florida Department of Education
Ralph D. Turlington, Commissioner of Education

Produced by:
The Center for Studies in Vocational Education
Florida State University

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Instructional Matrix

Directions

If you want to use only part of the materials in this LAP, use this matrix to help you select what you need.

Objectives	Instructional Materials	Practice and Feedback	Evaluation
Knowledge Objectives	**Information Sheets**	**Written Activities**	**Written Test Items**
1. Match a list of vocabulary words with their correct definitions. (All 6 must be correct.)	1: Vocabulary	1: Matching Vocabulary Words	Part I: 1-6
2. Complete statements about shellfish by filling in blanks with matching words. (At least 20 out of 24 must be correct.)	2: Shellfish	2: Shellfish	Part II: 1-24
3. Choose the correct phrases to complete multiple choice statements about clams and oysters. (All 7 must be correct.)	3: Clams and Oysters	3: Handling Clams and Oysters	Part III: 1-7
Skill Objectives	**Information Sheets**	**Practice Checklists**	**Skills Test Items**
1. Shuck oysters or clams.The shucked oysters or clams must be intact and free of grit and sand.	3: Clams and Oysters	3B: Shuck Oysters	Part I: 1-4
2. Deep-fat fry oysters or clams. The oysters or clams must look appetizing. They must be fully cooked, but not burned. They should be moist inside, and crisp, but not greasy, outside. They must be correctly seasoned and have a fresh flavor.	3: Clams and Oysters	3C: Deep-fat Fry Oysters or Clams (or Other Shellfish)	Part II: 1-5
3. Clean a lobster. The lobster must have all meat removed from the shell, and the meat must be well cleaned.	4: Lobster	4A: Clean a Lobster	Part III: 1-4

Instructional Matrix (continued)

Skill Objectives	Information Sheets	Practice Checklists	Skills Test Items
4. Broil lobster. The lobster must look appetizing. It must be fully cooked, but not overcooked. It should be moist and correctly seasoned.	4: Lobster	4B: Broil a Lobster	Part IV: 1-5
5. Head, peel, and devein shrimp. All meat should be removed from the shell. The meat should be well cleaned, with no shell, sand, or grit remaining.	5: Shrimp	5A: Head, Peel, and Devein Shrimp	Part V: 1-4
6. Deep-fat fry shrimp. The shrimp should look appetizing. They must be fully cooked, but not overcooked. They should be moist inside, and crisp, but not greasy, outside. They must be correctly seasoned, and have a fresh flavor.	5: Shrimp	5B: Deep-fat Fry Shrimp	Part VI: 1-5

Notes to the Instructor

General Notes

- This LAP is the third of three LAPs about fish and shellfish. LAP 5.13a should be completed before beginning this LAP.

OPPS

The materials in this LAP cover the following Florida **OPPS** (Occupational Proficiency Performance Standards):

Devein shrimp.
Shuck oysters.

V-TECS

The materials in this LAP cover the following areas on the Florida/**V-TECS** (Vocational-Technical Education Consortium of States) Commercial Cooking catalog:

Duty: Preparing and Cooking Entrees

Task: Shuck oysters.
Objective: Given raw or cooked oysters in the shell, a shucking knife, container for shells, and bowl, shuck oysters. The oyster should be removed from the shell intact.

Task: Devein Shrimp.
Objective: Given fresh or cooked shrimp, a sharp knife, bowl, and pan, devein shrimp. The shrimp must remain intact with shell and vein completely removed.

Task: Fry fish, meats, and fowl.
Objective: Given fish, meat, or fowl, breading, seasoning, breading station, deep-fat fryer, drain rack, brown paper, warm plate, and garnish, fry fish, meat, or fowl. The fish, meat, or fowl must be evenly golden brown, not greasy, hot, uniformly breaded or battered, and have a crisp exterior and a fresh flavor.

Career MAP

The materials in LAP 5.13c cover or are related to the following Commercial Foods and Culinary Arts Career MAP (Career *M*erit *A*chievement *P*lan) competencies:

Identify and select fish and seafoods
Peel and devein soft shellfish
Bread or batter fish and seafood for cooking
Store and handle fresh, frozen, or cooked fish and seafood
Select and prepare processed fish and seafood
Split and crack lobster and other crustaceans
Deep fry fish or seafood
Sauté fish and seafood
Poach fish and seafood
Boil or steam seafood
Braise fish and seafood
Grill or broil fish and seafood
Open and shuck oysters, clams, and mussels
Present fish and seafood for serving

Notes to the Instructor (continued)

Special Needs

The following materials, which can be related to and/or cover this subject, can be used for students who are educable mentally retarded/handicapped (EMR/EMH) or academically disadvantaged as an alternative to, or in addition to, this LAP.

Series: Career Related Instruction (CRI)
Occupational Cluster: Food Preparation and Service
Titles: *What Kinds of Meat and Fish Do You Eat?*
How to Prepare Fish and Shellfish for Cooking

Suggested Instructional Procedures

Individual Instruction

If you choose to have student(s) use this LAP as a self-paced, self-instructional unit, have the student(s) follow the learning steps in the LAP, as listed below.

Learning Steps in LAP 5.13c

1. Read and study **Information Sheet 1**: Vocabulary.
2. Complete **Activity 1**: Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2**: Shellfish.
4. Complete **Activity 2**: Shellfish. Check your answers.
5. Read and study **Information Sheet 3**: Clams and Oysters.
6. Complete **Activity 3A**: Handling Clams and Oysters. Check your answers.
7. Complete **Activity 3B**: Practice Checklist—Shuck Oysters or Clams.
8. Complete **Activity 3C**: Practice Checklist—Deep-fat Fry Oysters or Clams (or Other Shellfish).
9. Read and study **Information Sheet 4**: Lobster.
10. Complete **Activity 4A**: Practice Checklist—Clean a Lobster.
11. Complete **Activity 4B**: Practice Checklist—Broil a Lobster.
12. Read and study **Information Sheet 5**: Shrimp.
13. Complete **Activity 5A**: Practice Checklist—Head, Peel, and De-vein Shrimp. **Select one method** to practice.
14. Compete **Activity 5B**: Deep-fat Fry Shrimp.
15. Get **Written Test 5.13c** from your instructor and complete it. If you were successful, go on to Step 16; if not, talk with your instructor.
16. Have your instructor evaluate you on **Skills Test 5.13c**. If you are successful, you have completed this LAP; if not, talk with your instructor.

Suggested Instructional Procedures (continued)

Group Instruction

If you choose to use this LAP as a unit of instruction for more than one student, the following teaching steps are suggested.

Teaching Steps for LAP 5.13c

1. Introduce the subject of buying and preparing shellfish.
2. Discuss the objectives in LAP 5.13c.
3. Discuss the vocabulary words with the group.
4. Have each student read the information sheet and do the written activities in the LAP.
5. As a group discuss types and market forms of shellfish. Show examples.
6. Discuss the handling of clams and oysters with the group.
7. Demonstrate shucking oysters. Have the students practice, with your assistance.
8. Demonstrate deep-fat frying oysters or clams or other shellfish. Have the students practice, with your assistance.
9. Discuss lobsters with the group.
10. Demonstrate cleaning a lobster. Have the students practice, with your assistance.
11. Demonstrate broiling a lobster. Have the students practice, with your assistance.
12. Discuss shrimp with the group.
13. Demonstrate how to head, peel, and devein shrimp. Have the students practice, with your assistance.
14. Demonstrate deep-fat frying shrimp. Have the students practice, with your assistance.
15. Give the students **Written Test 5.13c** to complete. Evaluate the results, using the Answer Key in this Instructor's Guide. Make special arrangements for those who do not master this unit.
16. Use **Skills Test 5.13c** to evaluate each student. Assign students who do not master tasks satisfactorily to practice more in the kitchen, with some assistance.
17. Use the additional instructional activities/enrichment with the group or with individual students.

Suggested Instructional Procedures (continued)

Additional Instructional Activities/Enrichment

Suggested Readings

Haines, Robert G. *Food Preparation for Hotels, Restaurants, and Cafeterias*. 2nd ed. Alsip, Ill.: American Technical Publishers, Inc., 1973, pp. 477-79, 486-99.

Written Test 5.13c

I. Matching Vocabulary Words

Directions

Match each vocabulary word below with the correct definition. Write the *letter* of the correct definition in the blank beside the word.

Vocabulary Words

_____ (1) **head**

_____ (2) **shuck**

_____ (3) **market form**

_____ (4) **vein**

_____ (5) **shellfish**

_____ (6) **devein**

Definitions

a. to remove an oyster or other shellfish from its shell

b. the form in which food is bought and sold

c. the thin black tube filled with sand on the back of a shrimp

d. creatures that live in water that have a hard outer layer, including crabs, shrimp, lobsters, and scallops.

e. to remove the thin black tube filled with sand from the back of a shrimp

f. to remove the head from a shrimp

Written Test 5.13c (continued)
II. Shellfish

Directions

Read the following statements. Fill in the blanks with the correct word chosen from the word bank below.

When shellfish are purchased in the market form called "live," they are (1) _____ and in the (2) _____.

Some examples of shellfish are (3) _____, (4) _____, (5) _____, (6) _____, and (7) _____.

The market form called (8) _____ applies to shrimp or lobsters with the heads removed.

The market form called (9) _____ applies to oysters, scallops, and clams with their shells removed.

Like fish, most raw shellfish is already (10) _____ and is cooked to develop flavor, aroma, and eye appeal.

Shellfish may be cooked in the following ways: (11) _____, (12) _____, (13) _____, (14) _____, or (15) _____.

To remove the hairs attached to the mussels' meat, mussels must be thoroughly (16) _____ and washed before cooking.

Allow mussels to (17) _____ in cold salt water for 2-3 hours after cleaning them. The dead mussels will (18) _____ and should be (19) _____.

Scallops should not be cooked for more than 5 minutes or they will be (20) _____ and (21) _____.

Hard-shell crabs are (22) _____ in their shells first and cleaned afterwards.

Soft-shell crabs are generally (23) _____ when they are purchased and are ready for (24) _____.

Word Bank

scrubbed	tough	float
shell cracker	shell	cooked
crabs	cooking	discarded
lobster	alive	cleaned
oysters	water	broiled
clams	headless	baked
mussels	tender	deep-fat fried
bluefish	shucked	panfried
soak	rubbery	steamed

Written Test 5.13c (continued)
III. Handling Clams and Oysters

Directions

Circle the letter of the phrase that best completes each sentence.

1. To remove sand from clams, _____.
   a. rinse thoroughly in salt water
   b. scrub thoroughly with a brush
   c. place in salt water with cornmeal
   d. place in fresh water with cornmeal

2. Oysters cooked at a high temperature _____.
   a. will have a better flavor
   b. should be cooked in the shell
   c. may be tough
   d. are safer to eat

3. To shuck oysters, *always* _____.
   a. grasp tightly and use a proper oyster knife
   b. wear thick gloves and use a sharp knife
   c. wear thick gloves and use a proper oyster knife
   d. grasp tightly and use a sharp knife

4. Clams and oysters must be _____when purchased in the shell, or it may be dangerous to eat them.
   a. completely dead
   b. alive
   c. thoroughly scrubbed
   d. freshly killed

5. The shells of clams and oysters must be _____, when purchased, to be safe.
   a. already opened
   b. tightly closed
   c. thoroughly scrubbed
   d. cooked

6. _____ oysters and clams that have open shells when purchased.
   a. Use only
   b. Immediately cook
   c. Clean
   d. Discard

7. If oysters are cooked in the shell, _____.
   a. they should be cooked at a high temperature
   b. it will toughen the oyster
   c. they must be scrubbed thoroughly
   d. they will be safer to eat

Answer Key for Written Test

Each section in the written test covers one objective and, therefore, should be evaluated separately. Criteria for evaluating each section are suggested below.

I. To master this objective the student should answer *all* of these correctly.

1. a
2. f
3. b
4. c
5. d
6. e

II. To master this objective the student should answer 20 out of 24 items correctly.

1. alive
2. shell
3.-7. any order
   - crabs
   - lobster
   - oysters
   - clams
   - mussels
8. headless
9. shucked
10. tender
11.-15. any order
    - broiled
    - baked
    - deep-fat fried
    - panfried
    - steamed
16. scrubbed
17. soak
18. float
19. discarded
20. tough
21. rubbery
22. cooked*
23. cleaned
24. cooking*

*Any form of the word is o.k.

III. To master this objective the student should answer *all* of these correctly.

1. c
2. c
3. c
4. b
5. b
6. d
7. c

Skills Test 5.13c
Buying, Preparing, and Cooking Shellfish

Student's Name _____ Date _____

The Student Can:	Yes	No
I. Shuck oysters or clams.		
1. Organized work area before beginning.	___	___
2. Followed procedures correctly.	___	___
3. Produced an acceptable product. Criteria: Is the oyster or clam intact, not in bits and pieces? Is the oyster or clam clean, with no grit or sand?	___	___
4. Cleaned work area well?	___	___
II. Deep-fat fry oysters or clams or other shellfish.		
1. Organized work area and ingredients before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Do the oysters or clams look appetizing on the plate—not broken up, not too small for the plate (the food should cover at least ½ or ¾ of the plate), not too covered with garnish (the garnish should not be more than ¼ or ⅓ the size of the serving)? Are the oysters or clams still moist, not dry, not overcooked or burned? Are they seasoned well—not tasteless, too salty, or overseasoned? If breaded or battered, are the oysters or clams uniformly coated, crisp outside, with a fresh flavor?	___	___
5. Cleaned work area well.	___	___
III. Clean a lobster.		
1. Organized work area before beginning.	___	___
2. Followed procedures correctly.	___	___
3. Produced an acceptable product. Criteria: Has all the meat been removed from the shell and none been thrown away? Is the meat well-cleaned?	___	___
4. Cleaned work area well.	___	___
IV. Broil a lobster.		
1. Organized work area and ingredients before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Does the lobster look appetizing on the plate—not broken up, not too small for the plate (the food should cover at least ½ to ¾ of the plate), not too covered with garnish (the garnish should not be more than ¼ to ⅓ the size of the lobster)? Is the inside white (fully cooked), not clear? Is the lobster still moist—not dry, overcooked, or burned? Is it seasoned well—not tasteless, too salty, or overseasoned?	___	___
5. Cleaned work area well.	___	___

Skills Test 5.13c (continued)
Buying, Preparing, and Cooking Shellfish

Student's Name _____ Date _____

The Student Can:	**Yes**	**No**
V. Head, peel, and devein shrimp.		
1. Organized work area before beginning.	___	___
2. Followed procedures correctly.	___	___
3. Produced an acceptable product. Criteria: Has all the meat been removed from the shell and none been thrown away? Is the meat well-cleaned, with no shell, sand, or grit remaining?	___	___
4. Cleaned work area well.	___	___
VI. Deep-fat fry shrimp.		
1. Organized work area and ingredients before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Does the shrimp look appetizing on the plate—not broken up, not too small for the plate (the food should cover at least ½ to ¾ of the plate), not too covered with garnish (the garnish should not be more than ¼ or ⅓ the size of the food)? Is the inside pink and firm (fully cooked), not grey (raw)? Are the shrimp still moist—not dry, overcooked, or burned? Are they seasoned well—not tasteless, too salty, or overseasoned? If breaded or battered, are the shrimp uniformly coated, crisp outside, with a fresh flavor?	___	___
5. Cleaned work area well.	___	___

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Department of Education
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